

# Fit Body Blast

**Fit Body Blast combines strength training, circuit, interval and resistance workouts to challenge your level of fitness and endurance, while creating a new and exciting way to workout! Never a dull moment. All fitness levels welcome.**

**Dates:** Tuesdays & Thursdays

**Time:** 6:30-7:30 pm

**Age:** 18 years and up

**Cost:** \$5 per class

Halifax Community Center  
1023 Halifax Street  
Raleigh, NC 27604  
919-996-6378



**RALEIGH**

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